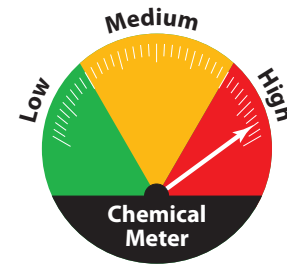
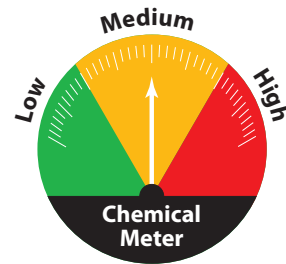
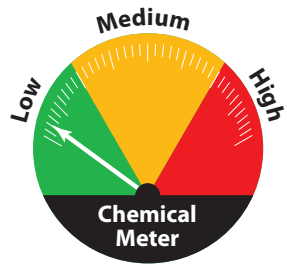


# A guide to eating fish caught in San Pablo Reservoir

Women 18 - 45, especially those who are pregnant or breastfeeding, and children 1 - 17

Men over 17 and women over 45  
can safely eat more fish



There are no fish with  
medium levels of chemicals



Trout ♥



Crappie



Largemouth, smallmouth, or  
spotted bass



Carp



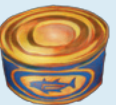
Catfish

- **Safe to eat 5 servings per week** — trout or crappie
- There are no fish with medium levels of chemicals
- **Safe to eat 1 serving per week** — largemouth, smallmouth, spotted bass
- **DO NOT EAT** catfish or carp

## Fish buying guidelines for women 18 – 45 and children 1 – 17

Do not eat fish caught by family or friends in the same week that you eat fish bought in a store or restaurant. For fish you buy:

- **Safe to eat 2 servings per week** of low mercury fish such as salmon ♥, pollock, catfish, tilapia, shrimp, anchovies ♥, sardines ♥, trout ♥, and canned chunk-light tuna



OR

- **Safe to eat 1 serving per week** of medium-mercury fish such as canned albacore (white) tuna ♥

- **Do not eat** shark, swordfish, tilefish, or king mackerel



## Safe to eat

Trout – 5 servings per week **OR**  
Crappie – 2 servings per week

## Do not eat

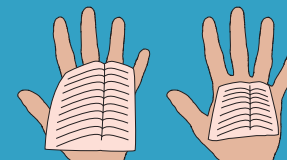
## ♥ Why eat fish?

Eating fish is good for your health. Fish have Omega-3s that can reduce your risk for heart disease and improve how the brain develops in unborn babies and children.

## What is the concern?

**Some fish have high levels of mercury, PCBs, and dieldrin.** Mercury can negatively affect how the brain develops in unborn babies and children. PCBs and dieldrin might cause cancer.

## What is a serving?



For Adults For Children

The recommended serving of fish is about the size and thickness of your hand. Give children smaller servings.

California Office of Environmental  
Health Hazard Assessment

[www.oehha.ca.gov/fish.html](http://www.oehha.ca.gov/fish.html)

(916) 327-7319 or (510) 622-3170